



# FISH PUDDING & MORE

## CALVARY WAFFLE SHOP COOKBOOK







## PROCEEDS

The proceeds from the sale of this cookbook will go where Waffle Shop has been going for decades — out into this “River City” and the communities surrounding us. We call it “outreach.” This has been the underlying force behind this ministry for almost a century (well, that and fish pudding)!

It is only possible because of the remarkable efforts of volunteers from Calvary and more than 30 other churches and organizations all over the Mid-South. We come together in the basement of this downtown church each Spring to host the Lenten miracle that is Waffle Shop.

*If you can't feed  
one hundred people,  
feed one.*

MOTHER TERESA

*Disclaimer:* No claim is made as to the originality of these recipes. However, they have been tried, altered, adopted, and enjoyed.

The following recipes have been adapted to  
*family-size portions.*

## CALVARY EPISCOPAL CHURCH

102 North Second Street  
Memphis, Tennessee 38103

2024

## ACKNOWLEDGMENTS

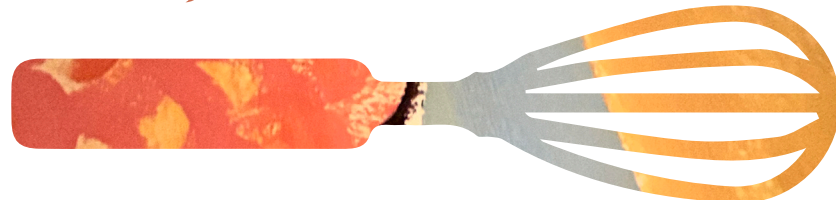
The foregoing chronicle of the energetic operation and achievement of Calvary Waffle Shop since its inception in 1928 carries the names of many whose services have been noteworthy in execution and accomplishment.

With too many to mention by name, assuredly their good names and cherished deeds are inscribed in the invisible annals of Christian service. Undoubtedly, they are the unsung heroes and heroines!

*Bless, O Lord, this food to  
our use and us to thy  
service, and make us ever  
mindful and responsive to  
the needs of others. In Jesus  
Christ's name we ask.  
**Amen.***

Photos of the mural courtesy of Dr. Brixey Shelton.  
Excerpts from “The Great Book” by Ellen Davies-Rodgers.  
Mural essay by Charles Shipp.

# OUR JOURNEY



The Waffle Shop was started in 1928 by the women of Calvary Episcopal Church and has been in operation every Lenten Season since.

In 1928, the name Waffle Shop was chosen and plans were made for the exciting endeavor. At the time, no space was available at the church so the use of a building at 10 North Front Street was secured. The space was on the south corner of the alley known as "Whiskey Chute" that ran east and west from Front Street to Main Street and diagonally across from the Post Office.

There was no running water in the building. From a fire hydrant in the adjacent alley, big buckets of water were carried for drinking and heated on coal stoves for cooking and dishwashing. Kitchen equipment necessary for the project was brought from home by the ladies operating the kitchen and dining room. All the work was done by members of the church.

So successful was the first year of the Waffle Shop that \$2,000 was the profit. After two rewarding years of operation under trying conditions, the Waffle Shop was moved from the Front Street location to 109 Court Street, east of Court Square.

In 1933, the scene was moved to the basement of the Parish House and the church kitchen was used for the preparation of the food. Today the Waffle Shop serves lunch daily Wednesday through Friday during Lent.

I've heard a practical minded person or two say that he (it's always a he, it seems) wishes there were a nutrition pill he could wash down

The first printed menu was used in the Waffle Shop in Lent, 1956

"Please Check (✓) Your Order on This List Calvary Church Circle, Luncheon 11 to 2 Monday, March 19, 1956				Amount
Waffle and Syrup				40 cents
Sausage and Waffle				65
Chicken Hash and Waffle				70
Italian Spaghetti and Rye Bread				75
Chicken Noodle Soup				25
Shrimp Creole				75
SALADS				
Chicken				95
Grapefruit and Avocado Pear				55
Pear and Cottage Cheese				55
Tomato Aspic				40
Tomato Aspic with Cottage Cheese				55
Cottage Cheese and Rye Bread				45
DESSERTS				
Almond Toffee Ice Cream				20
Peppermint Ice Cream				20
Vanilla Ice Cream				20
Ice Cream with Chocolate or Caramel Sauce				25
Boston Cream Pie				30
Mocha Cake				35
Schaum Torte with Ice Cream and Strawberries				35
Lemon Icebox Pudding with Whipped Cream				30
Date Nut Cake with Orange Icing and Whipped Cream				30
Coffee	10	Coca Cola		10
Tea	10			
Iced Tea	10	Sweet Milk		10



with a gulp of tap water for lunch and get on with his work. I sure hope somebody invites this guy to Waffle Shop before it's too late.

Food is so much more than fuel, my friends. Food is the stuff of culture and friendship and story and ritual and history and a whole lot more than all that. If you don't agree, I offer the almost century-old miracle that is Waffle Shop for your consideration.

Every Lent since 1928, thousands from all over Memphis and beyond stream to Calvary's kitchen to be nourished in more ways than one. There is preaching upstairs, of course, which is difficult to find at your average lunch spot and not nearly as appetizing as the Lenten Preaching Series if you do. But there is also the one-of-a-kind buzz of people, almost all of them volunteers, serving other people food their great-great grandmothers might also have made. Waffles, of course, but also tomato aspic and fish pudding and shrimp mousse and a chicken salad I like to call "Where have you been all my life?" Even the names of such dishes evoke old stories, handed down over and over again, that you and I are invited to enter as we sit down to lunch with friends and strangers and begin to share stories of our own.

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**IN YOUR HANDS NOW IS A BRAND-NEW WAFFLE SHOP COOKBOOK, HANDING DOWN TO YOU THE RECIPES YOU'VE COME TO LOVE OR SOON WILL.**

It's very much in the generous and joyful spirit of Waffle Shop that these recipes are not seen as industry secrets to be protected but good news meant to be shared. Good food with a story that grows even richer for finding a place on your table as well.

We hope you make the dishes you love and try the ones you haven't. But most of all, we hope you enjoy them with people you love. And then hand them on to someone else who might be fed, in all the ways, at yet another table piled with Waffle Shop food and surrounded by yet more people, with still more stories, as the abundant miracle, like those loaves and fishes of old, goes on.

**THE REV. SCOTT WALTERS, RECTOR**

*Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds, And all ate and were filled, and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.*



MATTHEW 14:19-21





*from the*  
**SALAD  
ROOM**



## CHICKEN SALAD

3 cups cooked chicken breast, chopped or shredded  
1 ¼ cups chopped celery  
½ cup homemade mayonnaise  
1 ½ Tablespoons lemon juice  
½ Tablespoon Durkee Famous Sauce  
½ teaspoon salt or to taste

Combine all ingredients and chill until serving.  
Garnish with a dollop of mayonnaise, paprika  
and a sprig of parsley.

## HOMEMADE MAYONNAISE

2 egg yolks  
1 cup oil and ½ cup oil (vegetable or canola)  
Juice of 1 lemon  
½ teaspoon yellow mustard  
½ teaspoon Tabasco Sauce  
¼ teaspoon salt  
½ teaspoon paprika

Beat egg yolks to consistency of pale, whipped  
fluffy butter and then slowly add 1 cup of oil. Add  
lemon juice alternating with remaining ½ cup of  
oil. Beat on high speed the entire time.



### **FUN FACTS:**

*How much chicken does Waffle Shop use each  
Lenten season?*

1100 pounds of chicken are used each Lenten season for  
Chicken Salad, Chicken Hash, and Chicken Noodle Soup.

*How many eggs are used during Waffle Shop?*

90 dozen eggs are used to make cornbread, mayonnaise,  
waffle batter, desserts, and our famous Fish Pudding.





## TOMATO ASPIC

1 onion, cut in half  
1 small green bell pepper, cut in half  
Celery tops  
2 bay leaves  
Several sprigs of parsley  
1 - 48 ounce can tomato juice, with 1 cup set aside  
¼ cup lemon juice  
1 Tablespoon sugar  
1 Tablespoon Worcestershire Sauce  
¼ teaspoon celery salt  
4 envelopes of gelatin or 1 ounce

Add one full cup of the tomato juice to the gelatin, dissolve. Bring to a boil and then simmer remaining tomato juice with onion, green bell pepper, celery tops, two bay leaves and several sprigs of parsley (bruised in hands). Remove from heat. Strain. Add lemon juice, sugar, Worcestershire Sauce and celery salt. Add gelatin (dissolved in tomato juice) and pour into a 9" x 13" casserole dish. Refrigerate until congealed. Serve on lettuce leaves. Garnish with a dollop of mayonnaise, paprika and a sprig of parsley.



## COTTAGE CHEESE

16 ounces small curd cottage cheese  
¼ cup diced green bell pepper  
1 Tablespoon finely minced onion  
½ teaspoon Worcestershire Sauce  
Dash of Tabasco Sauce

In a colander, drain and rinse 16 ounces cottage cheese and gently pat dry with a paper towel. In a large bowl, combine with ¼ cup diced green bell pepper, one Tablespoon finely minced onion, ½ teaspoon Worcestershire Sauce and a dash of Tabasco Sauce. Thoroughly mix with a hand mixer until smooth. Serve on pear halves with a dollop of mayonnaise. Garnish with paprika and a sprig of parsley.





## SHRIMP MOUSSE

1 pound of shrimp (90-110 count size) cooked  
2 Tablespoons gelatin  
1 - 10.5 ounce can cream of tomato soup  
4 ounces cream cheese  
1 cup mayonnaise  
1 cup chopped celery  
¼ cup chopped green bell pepper  
2 Tablespoons onion, pureed  
1 teaspoon Tabasco Sauce  
1 Tablespoon Worcestershire Sauce  
1 Tablespoon fresh lemon juice  
¼ teaspoon salt  
1 Tablespoon Durkee Famous Sauce

Spread cooked shrimp evenly in a 9" x 13" casserole dish sprayed with non-stick spray. Dissolve gelatin in one cup of water. Heat soup and cream cheese until dissolved, stirring constantly with a wire whisk until smooth. Remove from heat. Add gelatin and stir until dissolved. Add remaining ingredients and stir well. Pour over shrimp. Refrigerate overnight. Garnish with a dollop of mayonnaise, paprika and a sprig of parsley.

## CALVARY SALAD PLATE

*Consists of:*

A triangle of a Shrimp Mousse  
A scoop of Chicken Salad  
A triangle of Tomato Aspic  
A Pear half with Cottage Cheese on top

Top each with a dollop of homemade mayonnaise, paprika and a sprig of parsley. Serve on lettuce leaves.

## CALVARY GREEN SALAD

Green leaf lettuce  
Shredded red cabbage  
Shredded carrots  
Cherry tomatoes  
Ranch Dressing package

Layer lettuce with cabbage, carrots and tomatoes. Top with ranch dressing.



### FUN FACTS:

*256 heads of lettuce are used each week for tossed salads and for the Shrimp Mousse, Tomato Aspic, Cottage Cheese Plate, Chicken Salad and the Calvary Salad Plate.*

*12 gallons of Ranch Dressing are used each week combining Hidden Valley Ranch seasoning, buttermilk, and Calvary's Homemade Mayonnaise.*

*Kind hearts are the gardens,  
Kind thoughts are the roots,  
Kind words are the flowers,  
Kind deeds are the fruits.  
Take care of your gardens  
And keep out the weeds.  
Fill it with sunshine, kind  
words and kind deeds.*

Henry Wadsworth Longfellow (1807-1882)



A stylized illustration featuring a woman in a pink dress and a crown with a flower, walking on a path. The path is bordered by a blue sky and a green field. In the background, a stick figure is visible. The woman is walking towards the right. The path is a light beige color. The sky is a mottled blue. The field is a solid green. A yellow area is visible in the top left corner. A grey building with a window is on the right. The bottom right corner has a pattern of orange and black semi-circles.

*from the*  
**HOT**  
**KITCHEN**



## CALVARY'S FAMOUS FISH PUDDING

2 cups milk  
¼ cup lemon juice  
¼ cup grated onion  
¼ cup melted butter  
⅛ cup dry sherry  
Dash of Tabasco  
½ Tablespoon Lawry's Seasoned Salt  
½ teaspoon baking soda  
¼ teaspoon kosher salt  
¼ teaspoon celery salt  
¼ teaspoon white pepper  
3 ½ pounds catfish fillets – boiled, drained & chopped  
7 eggs well beaten  
½ cup chopped parsley  
Panko breadcrumbs to cover  
Pats of butter

Whisk together the first 11 ingredients. Spread cooked fish evenly in the bottom of greased 9" x 13" casserole dish. Pour the whisked ingredients over the fish and gently fold in the beaten eggs along with the chopped parsley. Top with Panko breadcrumbs to cover, and dot with pats of butter. Bake at 375° for one hour or until set.

## TARTAR SAUCE

1 Tablespoon onion, pureed  
2 cups Duke's Mayonnaise  
2 Tablespoons dill relish  
1 Tablespoon onion powder  
¼ teaspoon paprika

In a small bowl, whisk all ingredients together.

*May garnish with chopped parsley.*



*What is a Fish Pudding Plate?*

*Fish Pudding, slaw, Calvary potatoes and tartar sauce served with corn sticks.*

## SLAW

3 cups chopped green cabbage  
1 cup chopped red cabbage  
½ cup chopped green bell pepper  
½ cup chopped onion  
½ cup chopped celery  
½ cup grated carrots  
½ Tablespoon celery seed  
½ cup homemade mayonnaise  
2 Tablespoons Durkee Famous Sauce  
½ Tablespoon cider vinegar  
½ Tablespoon celery salt  
½ teaspoon sugar  
½ teaspoon pepper

Combine cabbage, green bell pepper, onion, celery and carrots in a large bowl. Whisk together in a small bowl the remaining ingredients and combine with cabbage mixture. Let rest in the refrigerator for one hour before serving.

## CALVARY POTATOES

Approximately 8 large Yukon Gold potatoes  
1 cup melted butter  
1 teaspoon Lawry's Seasoned Salt  
1 teaspoon Cavender's Greek Seasoning  
1 teaspoon granulated garlic  
Freshly ground black pepper to taste

Preheat oven to 400°. In a heavy pot, boil the Yukon Golds until tender. Cool and cut into bite-sized pieces and put into a greased 9" x 13" pan. Pour the melted butter evenly on top of the potatoes and sprinkle with the seasonings. Bake 45 minutes or until golden brown.



## TURNIP GREENS WITH PORK BELLY

2 - 14 ounce packages of frozen turnip greens  
½ green bell pepper  
½ onion  
¾ cup chicken stock  
2 teaspoons Lawry's Seasoned Salt  
4 Tablespoons bacon grease  
2-3 cloves of garlic  
1 Tablespoon Tabasco sauce  
Pork belly

Mince or finely chop green bell pepper, onion and garlic. Mix all ingredients together. Simmer 1 to 1½ hours on stove, stirring occasionally. Serve with boiled and sliced pork belly (3 ounces per serving).

## CORNBREAD

2 cups buttermilk  
2 eggs  
2/3 cup oil (vegetable or canola)  
1 teaspoon salt  
2 ½ cups cornmeal  
1 cup flour  
¼ cup sugar  
1 Tablespoon baking powder  
1 teaspoon baking soda  
Melted butter or bacon grease

Brush a cast-iron skillet/corn muffin/corn stick pan with melted butter or bacon grease. Heat pans at 425° until hot. In separate bowls mix wet ingredients and dry ingredients. Pour the wet ingredients into the dry ingredients. Mix well. Fill the pans and bake at 425° until done.

## CORNEBEEF & CABBAGE

Corned Beef - Flat Cut Brisket  
1 head of cabbage  
2 onions - one for cabbage & one for beef  
1 green bell pepper, chopped  
1 clove garlic, chopped  
Butter

Cook corned beef according to directions with 1 onion, green bell pepper and garlic. Cut up the cabbage into quarters. Boil with remaining onion, salt and pepper until tender. Drain the cabbage and add butter. Serve sliced corned beef on top of a portion of cabbage.

## FUN FACTS:

*In 2019, 10,015 guests were served in the 22 days that Waffle Shop was open for 2½ hours per day.*

*In 1956, sausage was added and has continued to be served with waffles. The brand name for the sausage served is Ole South.*

*He makes grass grow for the cattle,  
and plants for man to cultivate –  
bringing forth food from the earth,  
wine that gladdens the heart of  
man, and bread which strengthens  
man's heart.*

PSALMS 104:14-15

WHEN YOU HAVE EATEN AND ARE  
SATISFIED, YOU SHALL BLESS THE  
LORD YOUR GOD FOR THE GOOD  
LAND WHICH HE HAS GIVEN YOU.

DEUTERONOMY 8:10

## SPAGHETTI

2 pounds ground beef  
3 cups chopped celery  
3 cups chopped onion  
2 teaspoons minced garlic (from a jar)  
2 Tablespoons Italian seasoning  
1 cup chicken broth (from a can or a box)  
10 ounces of sliced mushrooms  
1 - 12 ounce can of tomato paste  
1 - 28 ounce can tomato puree  
1 teaspoon Lawry's Seasoned Salt  
1 teaspoon sugar  
16 ounces spaghetti noodles  
Parmesan cheese

Brown the ground beef. Add the celery, onions, garlic, Italian seasoning and chicken broth. Cook covered, stirring often until the celery and the onions are tender. Add the mushrooms, tomato paste, tomato puree, Lawry's Seasoned Salt and sugar. Cook over low to medium heat, stirring often, until mixture simmers. Cook and drain noodles according to directions when ready to serve. Garnish with Parmesan cheese and a sprig of parsley.



*Let them give thanks to the Lord  
for his unfailing love and his  
wonderful deeds for mankind, for  
he satisfies the thirsty and fills  
the hungry with good things.*

PSALM 107:8-9





## CHICKEN NOODLE SOUP

1½ gallons of chicken broth  
1 large white onion  
1 green bell pepper  
2 cups chopped celery  
¾ cup chopped parsley  
6 cups chopped chicken (cooked & deboned)  
½ teaspoon Lawry's Seasoned Salt  
½ teaspoon white pepper

In chicken broth, boil 1 onion cut in half and one green bell pepper cut in half until onion and pepper are tender. Remove onion and pepper with a slotted spoon. Add to chicken broth, celery, parsley, chopped chicken and seasonings. Simmer until celery is tender. Add ½ pound noodles cooked according to directions. (*Waffle Shop uses Bechtle Noodles which are a very fine German egg pasta found at Kroger or online.*)

*I want there to be no peasant  
in my kingdom so poor that  
he cannot have a chicken in  
his pot every Sunday.*

HENRY IV

## SPRING VEGETABLE SOUP

3 Tablespoons olive oil  
1 cup chopped onion  
1 cup chopped celery  
1 cup chopped carrots  
1 clove minced garlic  
1½ gallons vegetable stock  
1 - 48 ounce package frozen  
California style vegetables  
1 - 48 ounce package frozen Mediterranean style  
vegetables or your favorite vegetable combo  
1 - 28 ounce can Fancy Diced Tomatoes  
1 small can Rotel  
1 - 46 ounce can V-8 Juice  
1 Tablespoon celery salt  
1 Tablespoon dried thyme leaf  
1 Tablespoon cracked black pepper  
1 Tablespoon whole seed coriander  
2 bay leaves

In a large Dutch oven sauté onion, celery and garlic sprinkled with salt in olive oil until soft. Add stock and frozen vegetables along with the tomatoes, Rotel and the V-8 Juice. Add celery salt, thyme leaves, black pepper, coriander and bay leaves. Bring to a simmer and cover for an hour. Remove bay leaves before serving.

### **FUN FACT:**

*A total of 820 pounds of catfish are used each Lenten season. The catfish is furnished by Lake's, a local fish farm in Mississippi.*





# GUMBO

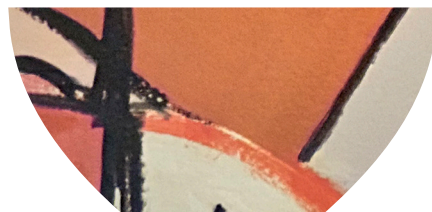
## Roux

1 cup vegetable oil or butter  
1 cup All Purpose flour

In a heavy pan, heat the oil or butter over medium high heat. Slowly whisk in the flour and stir constantly until it is smooth and has turned a warm caramel color. This is a slow process. Turn heat to low and begin adding the gumbo ingredients.

## Ingredients

2 cups chopped onions  
1 cup chopped celery  
1 cup chopped green bell pepper  
2 quarts seafood stock  
1 quart of chicken stock  
4 bay leaves  
2 sprigs of fresh thyme  
1 - 16 ounce can diced tomatoes  
12 ounces frozen sliced okra  
12 ounces crawfish tails  
(frozen, peeled crawfish tails)  
1 pound of Andouille sausage  
1 pound raw, peeled & deveined  
shrimp (35-40 count)  
1 cup chopped parsley  
Salt & pepper to taste  
Tony Chachere's Seasoning  
Cooked rice



Add onions, celery, and green bell peppers to the Roux and cook until translucent. Add two quarts of seafood stock and one quart of chicken stock and simmer. Add bay leaves and thyme. Add the can of diced tomatoes, the sliced okra and the crawfish tails. Meanwhile, grill 1 pound of good Andouille sausage, slice into half inch rounds and add to the stock mixture. Simmer for 30 minutes. Boil 1 pound of raw, peeled and deveined 35-40 count shrimp in Tony Chachere's Seasoning just until pink. Drain and add to stock mixture just before serving. Salt and pepper to taste, serve over cooked rice, and garnish with chopped parsley.

*Be sure to remove your bay leaves before serving.*

*And Jesus said to them,  
"Follow me and I will  
make you fishers of men."*

**MATTHEW 4:19**



## WAFFLE BATTER

2 eggs  
2 cups milk  
¾ cup of vegetable oil  
2 ½ cups of flour  
2 Tablespoons of baking powder  
¾ teaspoon salt  
4 teaspoons cornmeal  
4 teaspoons of sugar

Beat eggs on high speed until blended, reduce speed and add milk. Then add dry ingredients and beat until incorporated. Add oil last, in a steady stream, beating until completely blended. Keep mixer running the entire time.

*And people should eat and drink  
and enjoy the fruits of their labor,  
for these are gifts from God.*

ECCLESIASTES 3:13

## CHICKEN HASH

1 whole onion, cut in half  
Several celery tops  
1-3 pound chicken boiled, carefully deboned & shredded  
6 Tablespoons reserved chicken fat from the pot or  
6 Tablespoons butter if desired  
6 Tablespoons flour  
2 cups reserved chicken stock  
1 Tablespoon finely grated onion  
1 teaspoon Lawry's Seasoned Salt  
1 teaspoon Kitchen Bouquet for color  
Salt & pepper to taste

Cook chicken in a large heavy Dutch oven covered with water. Add one Tablespoon salt, celery tops and one onion cut in half. Bring to a boil and simmer for 45 minutes to an hour or until quite tender. Remove cooked chicken, strain, cool and shred. You must cool the stock in the refrigerator overnight in order to retrieve the fat. However, if you're pressed for time, you can substitute the butter for the chicken fat. Meanwhile, make a light roux with the flour and fat, whisking constantly over a low heat. Add the grated onion and cook for one minute. Slowly pour in the chicken stock, Lawry's Seasoned Salt, and the Kitchen Bouquet while constantly whisking until smooth. Add the shredded chicken and pepper to taste. Serve immediately over waffles.

*Let them give thanks to the Lord for his  
unfailing love and his wonderful deeds  
for mankind, for he satisfies the thirsty  
and fills the hungry with good things.*

PSALM 107:8-9





*from the*  
**DESSERT  
ROOM**



## CHOCOLATE BOURBON CAKE

*Makes 2 cakes*

½ pound butter  
2 cups sugar  
6 ounces unsweetened chocolate  
6 eggs  
¾ cup chopped pecans  
1 ½ dozen lady fingers, halved  
2 ounces Bourbon  
1 pint of heavy whipping cream

Wet two standard loaf pans and line with plastic wrap. Melt chocolate and cool slightly. Cream butter and sugar. Add melted chocolate and mix well. Add eggs one at a time, beating well after each addition. Whip cream and season with Bourbon.

### ***To assemble one cake:***

1st layer: ¼ lady fingers  
2nd layer: ¼ chocolate mixture  
3rd layer: ¼ whipped cream mixture  
4th layer: ¼ chopped pecans  
5th layer: ¼ lady fingers  
6th layer: ¼ chocolate mixture  
7th layer: ¼ whipped cream mixture  
8th layer: ¼ chopped pecans

Repeat the layers to make the second cake. Cover each loaf pan with plastic wrap and freeze.

### ***To serve:***

Slice frozen cakes and put on plates. It does not take long to thaw at room temperature.

## BOSTON CREAM PIE

### **Custard**

3 ½ cups milk  
¾ cups sugar  
5 Tablespoons flour  
3 egg yolks  
1 whole egg  
Pinch of salt  
Dash of vanilla  
¼ cup Sherry

Put milk in a double boiler over medium high heat. While milk is heating, prepare other ingredients. In a large bowl, combine sugar, flour, and salt thoroughly. Add slightly beaten eggs and blend well. When milk in the double boiler has formed a skin and has bubbles around the edges, pour the egg and flour mixture into it and begin stirring with a whisk to keep it smooth. Stir until the custard has thickened. Strain into a container and add vanilla and Sherry. Cover with plastic wrap and then the container lid.

### **Crunch**

1 cup sugar  
¼ cup chopped pecans

Caramelize sugar in a heavy saucepan on low heat. Mix in pecans. Place on a greased cookie sheet and let cool. When cool, break into small pieces and grind in a meat grinder. Do not use a food processor. This must be done on a dry, sunny day for best results.

### ***To assemble Boston Cream pie:***

Spoon custard over slices of sponge cake. Top with whipped cream and Crunch.



## TENNESSEE BOURBON PIE *Makes 2 pies*

2 - 9<sup>5</sup>/<sub>8</sub> pie shells  
5 eggs  
2<sup>1</sup>/<sub>4</sub> cups sugar  
3<sup>3</sup>/<sub>8</sub> cup cornstarch (1<sup>1</sup>/<sub>4</sub> cup plus 2 Tablespoons)  
3 ounces Bourbon  
1<sup>1</sup>/<sub>2</sub> sticks butter, melted  
1 - 12 ounce package semi-sweet chocolate chips  
1<sup>1</sup>/<sub>2</sub> cup pecans

Together, mix the sugar and cornstarch. Divide chocolate chips and pecans among pie shells. Beat eggs. Add the sugar and cornstarch mixture, Bourbon and butter. Mix well. Pour over the chips and pecans in the pie shells. Bake 1 hour at 350°. Cool and refrigerate.

To serve, top with whipped cream as desired.

These pies can be frozen.

## ANNIVERSARY FUDGE PIE

2 ounces unsweetened chocolate  
2 sticks butter  
2 cups sugar  
2 teaspoons vanilla  
4 beaten eggs, room temperature  
1<sup>1</sup>/<sub>2</sub> cup flour

Melt chocolate with butter. This can be done in the microwave. Add the rest of the ingredients and mix well. Pour into ungreased 8-inch cake pan. Bake at 350° for at least 35-40 minutes or until the edges are firm. (The middle will be a little soft.) Cool completely.

These pies can be frozen.

## SCHAUM TORTE *Makes 16-18*

### **Meringues**

8 egg whites (1 cup)  
Pinch of salt  
2 cups of sugar, sifted  
1<sup>1</sup>/<sub>4</sub> teaspoon cream of tartar  
1 Tablespoon white vinegar  
1 teaspoon vanilla  
1<sup>1</sup>/<sub>4</sub> teaspoon almond extract  
Frozen strawberries in sugar (if not in sugar, add sugar)  
Vanilla ice cream

Sprinkle salt over egg whites and beat until frothy. Add cream of tartar and beat until the bowl can be turned upside down and holds the whites. Add sugar one tablespoon at a time and beat until dissolved. Just before the last tablespoon of sugar, add vanilla, vinegar and almond extract. Mix thoroughly. Beat in final tablespoon of sugar.

Put parchment paper on 2 large cookie sheets. Place large tablespoons of meringue mixture on the parchment paper. Spread the meringues with a spoon until they are round with a dent in the middle. Bake at 225° for 1<sup>1</sup>/<sub>2</sub> hours. Turn off and cool in the oven for at least 1<sup>1</sup>/<sub>2</sub> hours. This must be done on a dry, sunny day!

### **To assemble the tortes:**

Top meringues with vanilla ice cream and strawberries.



## LEMON CHESS PIE *Makes 2 pies*

2 - 9<sup>5</sup>/<sub>8</sub> pie shells  
4 cups sugar  
2 Tablespoons yellow cornmeal  
2 Tablespoons flour  
8 eggs  
½ cup milk  
1 stick margarine, melted  
½ cup lemon juice  
2-3 large lemon rinds, grated

Preheat oven to 375°. Thaw pie shells. Mix the sugar, cornmeal and flour in a large bowl. With an electric mixer, beat the eggs and milk together. Add the dry ingredients, margarine and lemon juice. Add by hand the rinds and blend well. Pour into the pie shells and bake 40-45 minutes.

These pies can be frozen.

## CHOCOLATE SILK PIE *Makes 1 pie*

1 deep dish pie shell, baked and cooled  
1 stick butter, room temperature  
¾ cup sugar  
1½ ounces unsweetened chocolate  
1 teaspoon vanilla  
3 cold eggs

Melt chocolate and cool slightly.

Cream butter and sugar. Add vanilla and chocolate. Beat well and add eggs one at a time, beating well after each egg is added. Pour into the cooked pie shell and freeze.



## CHOCOLATE SIREN CAKE

2 eggs  
2 cups buttermilk  
2 teaspoons vanilla  
2½ cups flour  
½ teaspoon salt  
2 cups sugar  
2 teaspoons baking soda  
4 ounces unsweetened chocolate  
1 stick butter

Beat eggs with buttermilk and add vanilla. Sift the dry ingredients and add to the egg mixture. Melt butter and chocolate in a double boiler and then add to the batter. Mix thoroughly. Pour into three greased 9" cake pans and bake about 30 minutes at 350°.

### Icing

1 pound of powdered sugar, sifted  
½ cup evaporated milk  
2 teaspoons vanilla  
4 ounces unsweetened chocolate  
1 stick butter

Add milk and vanilla to sifted sugar. Melt chocolate and butter together and add to the first mixture. If icing is not thick enough to spread nicely, add more sifted powdered sugar.

*How sweet are your words  
to my taste, sweeter than  
honey to my mouth!*

PSALM 119:103

## FUDGE BROWNIE PIE *Makes 1 pie*

¾ stick of butter, softened  
1½ cups sugar  
3 eggs, room temperature  
3 ounces unsweetened chocolate, melted & cooled  
⅛ teaspoon salt  
1/3 cup all-purpose flour, sifted  
1½ teaspoons vanilla  
1/3 cup pecans, chopped

Preheat oven to 350°. Cream butter. Add sugar gradually. Add eggs one at a time, beating well after each addition. Add chocolate and salt. Add sifted flour and vanilla and blend well. Pour into greased and floured pie pan. Spread to level and sprinkle nuts on top. Bake for 40-45 minutes. Top with whipped cream if desired. Can be frozen.

## MACAROON PIE *Makes 2 pies*

8 egg whites (1 cup)  
2 cups sugar  
½ teaspoon salt  
½ teaspoon cream of tartar  
2 teaspoons almond extract  
1½ cups pecans, chopped  
1 - 8 ounce box of dates, chopped  
28 saltine crackers, finely ground in blender

Preheat oven to 300°. Beat egg whites until they hold soft peaks. Gradually add sugar until thick. Add salt, cream of tartar and almond extract and beat until shiny and thick. Fold in cracker crumbs, pecans and dates. Pour into two greased pie tins. Bake for 45 minutes or until lightly golden.

These pies can be frozen.



## RUM PIE *Makes 2 pies*

### Gingersnap Crust

50 ground gingersnaps (25 for each pie)  
2/3 stick butter, melted  
2 deep dish pie pans

Together mix well and put in pie tins.  
Shape and chill or freeze.

### Filling

1 Tablespoon plain gelatin in 1/4 cup cold water  
(Put this in a hot water "bath" to soften)  
6 egg yolks  
3/4 cup sugar  
1 pint of heavy whipping cream, whipped  
1/2 cup dark rum

Beat egg yolks until they are light. Very slowly add sugar. Add rum very slowly and then add dissolved gelatin. Add whipped cream and beat until thoroughly blended. Divide mixture into two prepared pie shells.

Chill 6-8 hours or freeze.

To serve, frost the entire pie with additional whipped cream and shaved unsweetened chocolate.



## CALVARY CARAMEL SAUCE

1 cup dark Karo syrup  
1 pound of dark brown sugar  
1 cup Half and Half  
4 Tablespoons butter  
1 Tablespoon vanilla

Combine all ingredients. Boil for two minutes — no longer. Add vanilla. Pour into containers and refrigerate.

## CALVARY CHOCOLATE SAUCE

1 stick plus 3 Tablespoons butter  
4 ounces unsweetened chocolate  
4 ounces semi-sweet chocolate  
2 cups powdered sugar  
1 pint of heavy whipping cream  
¼ teaspoon salt  
4 Tablespoons vanilla

Melt butter and chocolate in the top of a double boiler. Add powdered sugar, cream, and salt. Cook, stirring often, until sugar is dissolved. Remove from heat and stir in vanilla. Pour into containers and refrigerate.

Serve over ice cream of your choice.

Waffle Shop is known for serving Chocolate Sauce over Peppermint Ice Cream! Yum!



## FUN FACTS:

**60-80 of each pie** are made every Lenten season.

**90 meringues** are made for each Wednesday for Schaum Tortes.

**15-20 Bourbon Cakes** are made each Lenten season.

**420 gallons of vanilla ice cream** are used each Lenten season.

**500 gallons of peppermint ice cream** are used each Lenten season.

**5 tubs of Chocolate Sauce & 1-2 tubs of Caramel Sauce** are ladled over bowls of ice cream each week.



# NOTES



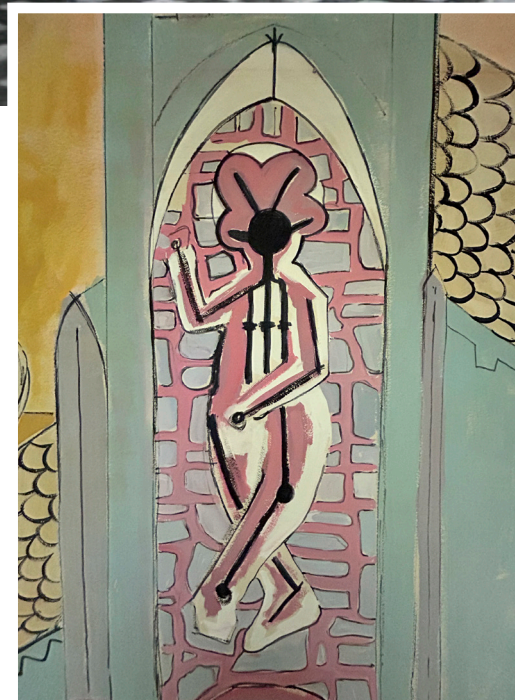
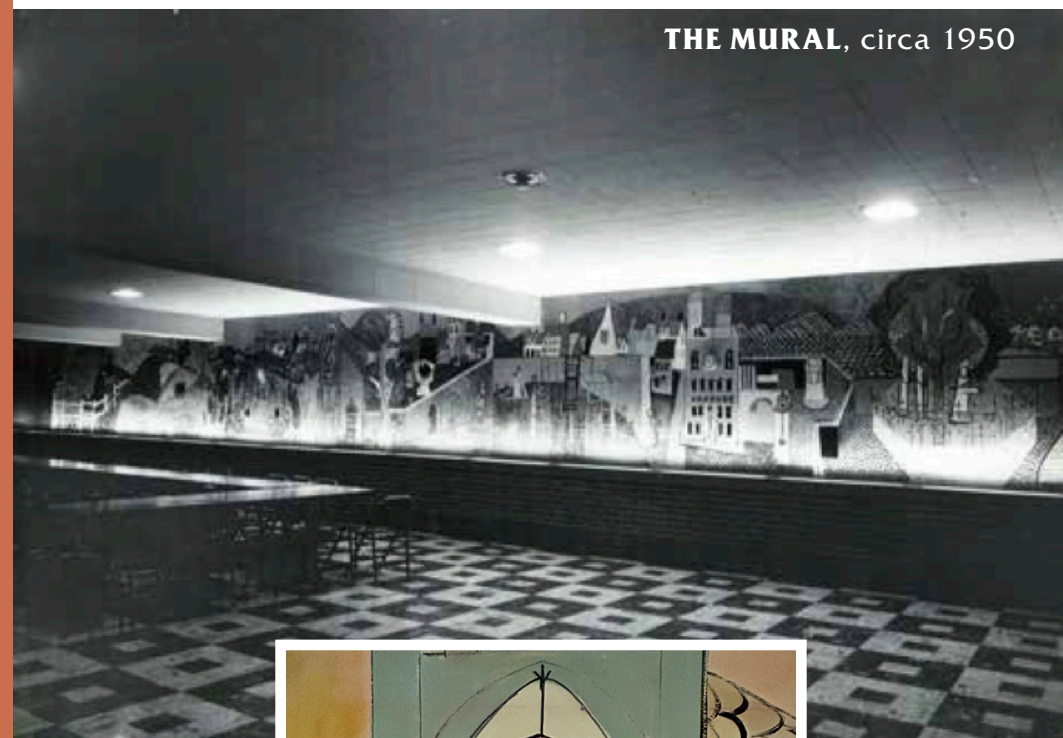


# THE HISTORY OF THE MURAL

The Calvary Mural that anchors the Waffle Shop dining room was painted in 1952 from a "Cartoon" done by then rector Donald Henning, using input from parish children and their ideas of what the church and community looked like. The left end (East) shows rural scenes and moving West becomes more urban. The Mississippi River and bridges are at the West end. Calvary Church and Court Square are included in the abstract representations. The parish children also had input into the colors used in the 80 foot mural.

In the early 1970s, Calvary acquired the adjacent Goodwill Building (originally Monogue Pidgeon Iron Works). The structure was demolished for a parking lot to serve the church. While the exposed South wall of the Parish House received a waterproof coating, moisture still migrated through the wall and damaged the mural. Several attempts were made to re-seal the wall and repair the mural. It was finally decided to construct a false wall (with air flow behind it) in front of the original mural, and then reproduce the artwork on the new surface. The mural was photographed in great detail and projected onto the new wall. Sandra Eberle, Marily Hughes and several other volunteers undertook the repainting. Small strips of the original artwork are still visible at both ends.

The original artist was Harry Fritzius, who was a student at the Memphis Academy of Art. He continued to paint until his death in San Francisco in 1989. Several of his paintings are in the DeYoung Collection of the Arts Museum in San Francisco. His abstract paintings include figure and botanical subjects, many with religious themes.





## Ode to The Calvary Waffle Shop

Sung to "My Favorite Things" from "The Sound of Music."

Waffles with sausage and hash made with chicken,  
Historic foods that we serve from our kitchen;  
Creole with shrimp and some giblets with rice,  
Gumbo and turnip greens isn't that nice?

We make our own may-o-naise! Don't you know it!  
Hellman's has no competition to show it!  
Take notice Campbell's, for this is a coup:  
We make our own chicken noodle soup too!

Cal-va-ry Salad Plate, shrimp mousse and lettuce,  
Cottage cheese, aspic and pears don't beset us!  
Then there's our famous fish pudding with slaw,  
Too bad the name leaves most people appalled!

***When the panes fog and the drains clog,  
And our feet are sore,  
We simply remember our patrons and saints  
And then we can go...some more!***

Meat sauce, spaghetti, with rye bread that's marbled  
Feed all the preachers whose speech is ungarbled;  
Corned beef and cabbage with corn sticks supplied,  
These are the treats that we can't be denied.

Boston Cream, Fudge, Rum and Tennessee Bourbon,  
(Don't take a breath test with this one or that one!)  
Lemon Chess, Choc'late Silk, Macaroon Pie,  
Shaum Torte or Siren Cake: We're gonna fly!

Ice Cream that's peppermint, praline, vanilla  
Choc'late sauce, car'mel sauce: toppings to fill ya,  
Fat, carbs, sugar; Oh please! What's the fuss?  
We know Fat Tuesday has nothing on us!

***When comes springtime, And flow'rs bloom,  
And we're through with Lent,  
We'll simply remember these favorite foods  
And then we will all repent!***



## CELTIC BLESSING

Life is short, and we do not have  
much time to gladden the hearts  
of those who travel with us;  
so be quick to love,  
and make haste to be kind.

And the Blessing of God Almighty,  
the Father, Son, and Holy Spirit  
be upon you, and remain with you forever.

AMEN

*If anyone hears My voice and opens the  
door, I will come in to him and dine with  
him, and he with me.*

REVELATION 3:20



## FREQUENTLY USED FOOD MEASUREMENTS

A pinch.....	1/8 teaspoon <i>or less</i>
3 teaspoons.....	1 Tablespoon
4 Tablespoons.....	1/4 cup
8 Tablespoons.....	1/2 cup
12 Tablespoons.....	3/4 cup
16 Tablespoons.....	1 cup
1 cup.....	16 Tablespoons or 8 fluid ounces
2 cups.....	1 pint
4 cups.....	1 quart
4 quarts.....	1 gallon

# 2024 WAFFLE SHOP COMMITTEE

*Parish Chef*  
MARY O'BRIEN

*Dessert Room*  
LAURIE MONYPENY

*Dining Room*  
DEBBIE BALLING

*Salad Room*  
DOUG FRANKLIN

*Waffles*  
CONNIE MARSHALL

*Volunteer Cashiers*  
DESI FRANKLIN

*Additional Cookbook Contributors*  
KIM JASPER and SUE JOHNSON





## CHURCHES & ORGANIZATIONS

*participating in*

### CALVARY WAFFLE SHOP

Calvary Episcopal Church  
Church of the Holy Communion  
Church of the River  
Ellendale United Methodist Church  
Emmanuel Episcopal Daughters of the King  
Germantown United Methodist Church  
Grace St. Luke's Episcopal Church  
Holy Apostles Episcopal Church  
Holy Cross Episcopal Church  
Idlewild Presbyterian Church  
Longstreet United Methodist Church  
Maria Montessori School  
MIFA (Metropolitan Inter-Faith Association)  
Millington First United Methodist Church  
Mullins United Methodist Church  
Pleasant Hill United Methodist Church  
Rotary Club Memphis  
St. Andrews Episcopal Church  
St. Anne's Episcopal Church  
St. Columba Episcopal Conference & Retreat Center  
St. John's Episcopal Church  
St. Luke's United Methodist Church  
St. Mary's Episcopal Cathedral  
St. Timothy's Episcopal Church  
Temple Israel